

Basic Needs, Resources, and Assistance

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Abuse/Violence

Tubman Family Alliance

Provides comprehensive services to serve families and individuals across the Twin Cities. Tubman can help with crisis situations and shelter services. They also support clients through their long-term healing processes and help them overcome barriers through core services areas: shelter/housing, mental/chemical health, legal services, youth programs, and workshops/support groups.

24-hour Resource Line: 651-825-0000 | Washington County line: 651-768-0216

www.tubman.org

Chemical Dependency/Substance Use Disorder

Canvas Health

Canvas Health’s counselors and treatment professionals are trained to provide intervention, support, and treatment to those struggling with alcohol or drug dependence. Contact Canvas Health for an appointment or referral.

651-777-5222 | Email: intake@canvashealth.org | www.canvashealth.org

Substance Use Disorder Services through Washington County

Contact Washington County about substance use disorder services and applying for services.

651-430-6561 | Email: chemicalhealthservices@co.washington.mn.us |

www.co.washington.mn.us/substance-use-disorder-services

Child Care

Child Care Assistance Program (CCAP) (Washington County)

CCAP assists families in paying for child care for children ages 12 and younger and children ages 13 and 14 who have special needs so that parents can work, attend school, or search for a job. A family's gross income helps determine eligibility. There may be a waiting list for basic sliding fee child care assistance.

Apply for CCAP: 651-430-6459 | www.co.washington.mn.us/child-care-assistance

Child Care Info Line through Parent Aware

Offering free tools and resources to help families find the quality child care and early education programs their children need to succeed in school and life. Child care providers can use the Program Update Tool to share their program information with families.

1-888-291-9811 | www.parentaware.org

Early Learning Scholarships through Anoka County Community Action Program (ACCAP)

An early learning scholarship can help you pay for high-quality child care and early education to help your child get ready for school. Scholarships are based on several factors and families must meet eligibility requirements.

763-783-4747 | Email: accap@accap.org

<https://accap.org/early-learning-scholarships>

Clothing

Basic Needs Thrift Shop

Basic Needs Thrift Shop is a non-profit that provides multiple programs (clothing, food pantries and community garden, housing, and coordinated services) and public shopping to the community.

6990 80th St., Suite #200, Cottage Grove

651-207-8659 | Email: info@basicneedsmn.org | <https://basicneedsmn.org>

Community Helping Hand

Since 1979, helping the residents of the Forest Lake School district who are falling on hard times through a thrift store, financial assistance, and emergency food shelf.

Forest Lake: 651-464-0061 | <https://communityhelpinghand.org>

Family Pathways Thrift Store

Transforming donated goods into opportunity, investment, and good environmental stewardship.

Forest Lake: 651-464-4713 | www.familypathways.org/thrift-stores/find-store

Goodwill Stores

Goodwill-Easter Seals Minnesota is a non-profit with stores in Cottage Grove, Forest Lake, Stillwater, and Woodbury. Find more information online.

www.goodwilleasterseals.org

Saint Andrew's Community Resource Center

Offering hope and support while providing basic needs (food, clothing, supplies) and supportive case management to assist families in crisis. Also have a family sheltering program, emergency rental assistance, employment resources, and recovery/support groups.

651-762-9124 | Email: office@saintandrews.org |

www.saintandrews.org/community-resource-center

Valley Outreach

Welcoming anyone who needs food, clothing, and support navigating resources. Food shelf offers shopping inside, drive-up and order curbside, or delivery. *By appointment only.*

Stillwater: 1901 Curve Crest Blvd. W.

651-430-2739 | Email: info@valleyoutreachmn.org | <https://valleyoutreachmn.org>

[Schedule an appointment \(food/clothing\) online](#)

Counseling

Canvas Health

Helps children, adolescents, adults, and families find ways to heal as they cope with mental illness, substance use, unstable housing, trauma, and abuse.

651-777-5222 | Email: intake@canvashealth.org | www.canvashealth.org

Lakes Center for Youth & Families

Uses evidence-based approaches and therapy to treat a variety of conditions such as anxiety, depression, ADHD, and trauma-related disorders for children, adults, and family systems throughout Forest Lake and the surrounding communities.

651-464-3685 | www.lc4yf.org

Tubman (Also known as Tubman Chrysalis Center)

Tubman helps people of all ages, genders, and cultural backgrounds who have experienced relationship violence, sexual exploitation, homelessness, mental and chemical health challenges, and other trauma.

Intake: 612-870-2426 | 24-hour crisis and resource line: 612-825-0000 | www.tubman.org

Youth Service Bureau

Helps youth and families learn the skills they need to be more successful at home, in school, and throughout their community. For youth 5-18 years.

Cottage Grove: 651-458-5224 | Stillwater: 651-439-8800 | Woodbury: 651-735-9534

<https://ysb.net>

Disability Services

The ARC Minnesota

Promotes and protects the human rights of people with intellectual and developmental disabilities using information, assistance, education, and public policy leadership.

952-920-0855 | Toll-free: 833-450-1494 | <https://arcminnesota.org>

Deaf and Hard of Hearing Services

Learn about hearing loss, get resources to fit your needs, get assistive technology and tools, and connect to mental health services.

Voice/your preferred relay service: 651-431-5945 or 800-657-3663 | Videophone: 651-964-1514

<https://mn.gov/deaf-hard-of-hearing>

Disability Hub MN (fka Disability Linkage Line)

A free, statewide resource network that helps you solve problems, navigate the system, and plan for your future.

1-866-333-2466 | <https://disabilityhubmn.org>

Disability Specialists

Strives to make the Social Security Disability application as simple and straightforward as possible. Call to request an intake interview or complete the online questionnaire.

1-800-642-6393 | Email: info@disabilityspecialists.net | www.disabilityspecialists.net

Metropolitan Center for Independent Living (MCIL)

Empowering Members of the disability community on a pathway to overcome barriers and discover access, choices, and the possibilities to realize their goals and aspirations.

651-646-8342 | Email: info@mcil-mn.org | <https://mcil-mn.org>

Emergency Services

Basic Needs

Basic Needs is a non-profit that provides multiple programs (clothing, food pantries and community garden, housing, and coordinated services) and public shopping to the community.

6990 80th St., Suite #200, Cottage Grove

651-207-8659 | Email: info@basicneedsmn.org | <https://basicneedsmn.org>

Child Protection (Washington County)

Child protection intake screeners review and accept reports of alleged child maltreatment.

Intake: 651-430-6457 | www.co.washington.mn.us/ChildProtection

Economic Support (Washington County)

For information on applying for cash assistance, child care assistance, emergency assistance, energy assistance, food support (SNAP), and medical assistance in Washington County.

651-430-6459 | Toll-free: 1-844-711-1907 | Email: ComSvsEconSupp@co.washington.mn.us

www.co.washington.mn.us/Economic_Support

Red Cross (Twin Cities)

Emergency help after fires and disasters; military contacts.

612-871-7676 | www.redcross.org/local/mn-nd-sd/about-us/locations/twin-cities.html

[Schedule an appointment \(food/clothing\) online](#)

The Salvation Army's Social Services Office

The Salvation Army can quickly intervene with rent assistance, help pay utility bills, and provide groceries.

Woodbury: 651-739-6288

<https://centralusa.salvationarmy.org/northern/social-services-office-washington>

United Way 211

Call 2-1-1 to obtain free and confidential information on eviction resources, alcohol and drug abuse services, childcare, food resources, government-provided insurance programs, health care, housing/shelter, mental health services, public assistance programs, transportation, utilities, etc.

Call 2-1-1 or locally: 651-291-0211 | www.211unitedway.org

Employment – Career Decisions/Placement/Training

Hubert H. Humphrey Job Corps Center

Teaching eligible young people the skills they need to become employable and independent as well as placing them in meaningful jobs or further education.

800-733-5627 | 877-889-5627 TTY | <https://huberthumphrey.jobcorps.gov>

Rise

Offers access to the resources, opportunities, and support people need to thrive. Serving people with intellectual and developmental disabilities, mental illness, brain injuries, criminal backgrounds, barriers to employment, as well as those who are deaf/DeafBlind/Hard of hearing and experiencing homelessness.

Stillwater: 651-351-0190 | Email: info@rise.org | <https://rise.org>

Vocational Rehabilitative Services – MN Employment and Economic Development

Helping people with disabilities prepare for, find and keep a job, and live as independently as possible.

St. Paul: 651-259-7366 | <https://mn.gov/deed/job-seekers/disabilities>

Workforce Development (Washington County)

Offering information on career fairs, career labs which include resume writing, hot jobs, job search resources, free trainings, and eligibility-based services. Includes a resource section for businesses.

651-275-8650 | www.co.washington.mn.us/Workforce-Development

Energy Assistance

Community Action Partnership of Ramsey & Washington Counties (CAP-RW)

Helps pay your heat and water bills, keep your home safe and warm, access Supplemental Nutrition Assistance Program (SNAP) benefits, get your home weatherized, apply for a car loan, and assist with filing your taxes.

651-645-6470 | Email: eap@caprw.org | <https://caprw.org/get-assistance.html>

HeatShare through Salvation Army

Provides emergency utility assistance for people with no place left to turn.

651-739-6288 | Heat Share Hotline: 1-800-842-7279

<https://centralusa.salvationarmy.org/northern/heatshare-program>

Minnesota Energy Resources

Makes energy efficiency improvements affordable for qualified customers who fall short of qualifying for the Energy Assistance or Weatherization programs.

866-872-0052, option 1 | Email: merc@appliedenergygroup.com

www.minnesotaenergyresources.com/payment-bill/4u2

Family Planning/Pregnancy

988 Suicide and Crisis Lifeline (formerly known as Crisis Connection)

Confidential, 24/7 Lifeline with call and chat options to assist with maternal mental health concerns, like depression, anxiety, and psychosis, which can occur during pregnancy and/or postpartum.

9-8-8 | <https://988lifeline.org>

Options for Women – St. Croix Valley (formerly known as Project Life)

Provides confidential pregnancy confirmation services, such as pregnancy testing and ultrasounds, at no cost to you.

Oak Park Heights: 651-504-1605 | <https://optionsforwomenstcroixvalley.org>

Planned Parenthood

Provides affordable and equal access to an entire range of sexual and reproductive health care services including testing, treatment, vaccines, birth control, and education.

St. Paul: 651-698-2406 | 1-800-230-PLAN | www.plannedparenthood.org

Public Health & Environment (Washington County)

Helps create healthy, nurturing family environments by providing resources and education regarding pregnancy, labor/delivery, breastfeeding, newborn care, your baby's health and development, and various programs like Follow Along and WIC.

651-430-6655 | Email: PHE@co.washington.mn.us

www.co.washington.mn.us/1071/Family-Health-Resources-and-Services

GED (General Education Development)/

ABE (Adult Basic Education)/ESL (English as Second Language)

Forest Lake Area Schools' Community Education

ABE classes, GED preparation, etc.

Forest Lake Area Schools Education Center: 943 9th Ave. SW

651-982-8302 | Email: skimber@flaschools.org | <https://communityed.flaschools.org>

SoWashCo Community Education

Great Rivers Adult Education offers GED and K-12 Diploma program.

651-425-6169 | No English? Text in your first language to 651-270-3266

Email: sevans1@sowashco.org

<https://commed.sowashco.org/adults/great-rivers-adult-education>

Stillwater Community Education

Free basic skills enhancement, citizenship, English Learner (EL) program, GED, and workforce preparation.

English speakers: 651-351-4031 | Email: melink@stillwaterschools.org

Spanish speakers: 651-351-4019 | Email: huhnerkochs@stillwaterschools.org

<https://commed.stillwaterschools.org/adult/adult-basic-education>

Health Care

Century College Dental Clinic

Licensed dentists and hygienists supervise students to provide dental cleanings, X-rays, sealants, fluoride treatments, hygiene assessments, non-surgical treatment for gum problems, and referrals to other dental clinics for additional care. *Appointments are required.*

3300 Century Ave. N., White Bear Lake, MN

651-779-5787 | www.century.edu/community-resources

Deaf and Hard of Hearing Services

Get resources and assistive technology and tools.

1-800-657-3663 | Videophone: 651-964-1514 | <https://mn.gov/deaf-hard-of-hearing>

Healthcare for the Homeless

Any adult or child experiencing homelessness within the past year or who is living outside, on the street, in a shelter/transitional housing, or with friends/relatives is eligible for this program.

Services provided: Wound care, medications, coordinating health care and social services, substance use disorder services, mental health services, and health education. Appointments are not required but clinics vary by location so call to confirm clinic hours.

Adult Shelters

Higher Ground: 165 Glenwood Ave. N., Minneapolis | 612-348-5553

Salvation Army – Harbor Light: 1010 Currie Ave., Minneapolis | 612-596-9643

Drop-in Center for Youth

Youth Opportunity Center (YouthLink): 41 North 12th St., Minneapolis | 612-252-1200

Endeavors Respite Program

Short-term services for those experiencing homelessness who are too sick to be on the streets or in a shelter but not sick enough to be in the hospital

Catholic Charities of Saint Paul and Minneapolis:

1414 South 11th Ave., Minneapolis | 612-385-5810

Family Shelters

People Serving People: 614 South 3rd St., Minneapolis | 612-332-4500 x226

Visit the Hennepin County website for more information: www.hennepin.us/hch

Medical Assistance (MA)

Washington County Economic Support information on Minnesota health care programs: Medical Assistance (MA), General Assistance Medical Care (GAMC), Prescription Drug program.

651-430-6459 | www.co.washington.mn.us/economic_support

Minnesota Care

State-subsidized health care program for Minnesota residents with low income. You must apply to find out if you qualify.

651-297-3862 or 1-800-657-3672

<https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/minnesotacare.jsp>

Minnesota Drug Card

Point-of-sale pharmacy discount program.

877-321-6755 | <https://mndrugcard.com>

Open Cities Health Center

Provides care (behavioral health, chiropractic care, dental care, eye care, and medical care) for the Medicaid and underserved population in the Twin Cities metro area. *Payment options available.*

Dunlap Clinic: 409 N. Dunlap St., St. Paul | North End Clinic: 916 Rice St., St. Paul

651-290-9200 | Email: info@opencitieshealth.org | <https://opencitieshealth.org>

Social Security Administration

Social Security numbers, disability benefits, retirement benefits, and Medicare.

1-800-772-1213 | www.ssa.gov

St. Paul Opportunity Center

Integrated one-stop location connecting adult men and women to critical services to improve their health, income, housing stability, and overall well-being.

651-404-6407 | <https://cctwincities.org/locations/saint-paul-opportunity-center>

Veterans Service Office

Benefits and services for veterans in Washington County.

651-430-6895 | Email: yso@co.washington.mn.us | www.co.washington.mn.us/veteranservices

Vision Loss Resources

In home assessments, vision evaluation, volunteers, mentors, phone pals, and support groups.

612-871-2222 | Email: info@visionlossresources.org | <https://visionlossresources.org>

Other Programs Available

Patient Access Network through PAN Foundation

Offers financial assistance to help people with serious illnesses afford their out-of-pocket treatment costs.

1-866-316-7263 | www.panfoundation.org

Senior Linkage Line

1-800-333-2433 | <https://mn.gov/senior-linkage-line>

Housing

Housing (Washington County)

Homeless Outreach Services Team (HOST)

People who experience homelessness deserve access to services to assist them in becoming stably housed, as well as assist them with accessing other resources to meet their basic needs. HOST assists with homeless services, housing resources, the Family Homeless Prevention and Assistance Program (FHPAP), and the Heading Home Washington community collaborative.

For more information: 651-430-6488

www.co.washington.mn.us/HomelessResources

Rental Assistance Programs through Washington County CDA

Provides help with housing costs to families through a variety of state and federal programs.

651-458-0936

www.washingtoncountycda.org/affordable-rentals/rental-assistance-programs

Housing Resources (In and Out of Washington County)

Aeon

Creates and sustains quality, affordable homes that strengthen lives and communities.

www.aeon.org

Affordable Housing Online

Website with listings of affordable housing.

<https://affordablehousingonline.com/housing-search/Minnesota/Washington-County>

The Connect Center's Supportive Housing Program

Local churches and groups partner with The Connect Center to provide a structured one-year program for a family in need of housing stability. Also offers family connections, career connections, youth connections, and after-school tutoring and music programs and resources.

651-231-7807 | Email: info@theconnectcenter.org

https://theconnectcenter.org/?page_id=759

Housing Link

Connects people to affordable rental homes, increasing choice and access for all.

www.housinglink.org

Life Style

Professional property management service that manages over 125 marked and subsidized apartment buildings, townhomes, condos, and cooperative living complexes throughout Minnesota, southwestern Wisconsin, and northern Iowa. Has an online search tool and current rental openings list.

507-451-8524 | www.lifestyleinc.net

Legal

Disability Outreach

Advocacy for disability and Social Security applications.

Headquarters: 4294 Dahlberg Drive, Golden Valley, MN

800-544-9925

HOMELine

Provides free and low-cost legal, organizing, education, and advocacy services so tenants throughout Minnesota can solve their own rental housing problems.

Confidential hotline: 612-728-5767 | Toll-free: 866-866-3546

Email an attorney via the website: <https://homelinemn.org/e-mail-an-attorney>

<https://homelinemn.org>

Minnesota Fathers & Families Network (MFFN)

Seeks to demonstrate that efforts to engage men as fathers will ultimately create benefits for children, women, and families as a whole. MFFN seeks to promote healthy father-child-family relationships through informed practice, public policy, and system change.

763-473-7432 | www.mnfathers.org

Southern Minnesota Regional Legal Services (SMRLS)

Provides free, high-quality legal services to low-income people in critical, civil matters. *Must be from the east metro or southern Minnesota.*

1-877-696-6529

Apply online:

https://minnesotaoi.legalserver.org/modules/matter/extern_intake.php?pid=133&h=69729a&

Tubman

If you are a victim of domestic abuse-related crime, Tubman's legal advocates are available to assist you through the criminal court process, attend court appearances with you or on your behalf, as well as provide support and information on the criminal justice system and your rights as a victim of a crime.

651-789-6730 | www.tubman.org/get-help/legal-services

Miscellaneous

Annual Credit Check

Free annual credit reports via Equifax, Experian, and TransUnion.

www.annualcreditreport.com

Child Support (Washington County)

Promoting the well-being of children and the self-sufficiency of families by delivering quality child support services.

651-430-6455 | Email: childsupport@co.washington.mn.us

www.co.washington.mn.us/Child-Support

Community Thread

Helping improve the lives of adult and their families, especially those who wish to age in place, by providing advocacy, social activities, special events, home help services, companion calls, transportation, etc. Membership-based with a no annual fee option.

651-439-7434 | Email: contact@communitythreadMN.org | <https://communitythreadmn.org>

First Call for Help (Formerly known as United Way 2-1-1)

United Way 2-1-1 provides free and confidential health and human services information 24 hours a day, seven days a week for people in Minnesota.

2-1-1 or locally: 651-291-0211 | www.211unitedway.org

Prepare & Prosper

Free tax preparation all year long! Combines the power of caring volunteers, certified training, and expert advice to bring financial wellness, economic justice, and wealth building opportunities to everyone.

651-287-0187 | Email: contact@prepareandprosper.org | <https://prepareandprosper.org>

Red Cross (Twin Cities)

Emergency help after fires and disasters; military contacts.

612-871-7676 | www.redcross.org/local/mn-nd-sd/about-us/locations/twin-cities.html

Reemployment Compensation/Unemployment Insurance

Unemployment Insurance benefits provide a temporary partial wage replacement to workers who become unemployed through no fault of their own. Complete the online application process or apply by automated phone to find out if you are eligible.

Twin Cities area: 651-296-3644 | <https://uimn.org>

Social Services Info. & Referral

Adult Mental Health: 651-430-6484 | Disabilities & MnCHOICES: 651-430-6422 |

Child Protection: 651-430-6457 | www.co.washington.mn.us/CommunityServices

Preschool/Parenting

Early Childhood Family Education (ECFE)

ECFE, through the Minnesota Department of Education, works to support you as a parent/caregiver and to strengthen and empower families. Parenting education program for all Minnesota families with children between the ages of birth to kindergarten entrance.

651-582-8200 | <https://education.mn.gov/MDE/fam/elsprog/ECFE>

Head Start

Connects your family to early education, health, and community services that support the learning and development of your child and well-being.

651-582-8200 | <https://education.mn.gov/MDE/fam/elsprog/start>

Transportation

Community Thread's Connector Loop

A handicap accessible busing service that stops at housing complexes, area businesses, retail stores, and other community destinations in the greater Stillwater and Oak Park Heights area. Open to all; no age or income restrictions. Caregivers and personal care assistants may ride for free.

651-439-7434 | Email: contact@communitythreadmn.org | <https://communitythreadmn.org>

GoWashington

Provides the residents of Washington County with transportation options that get them where they want to go safely and affordably. *Does not schedule or pay for rides.*

651-430-6651 | Email: ComSvsTransportation@co.washington.mn.us

<https://gowashingtonmn.com>

Help At Your Door (Formerly known as Store to Door)

A non-profit offering grocery assistance, home support, and transportation services for those recovering from hospital stays, those with sensory or mobility impairment, and seniors/those with disabilities who need extra help. Sliding scale fee available for some services. Serving the seven-county Twin Cities area.

651-642-1892 | <https://helpatyourdoor.org>

[Submit an online request for service](#)

Metro Transit

Routes, schedules, maps, trip planner, and information about the METRO bus rapid transit, METRO light rail, and commuter rail.

612-373-3333 | Text: 612-444-1161 | www.metrotransit.org

Transit Link

A Metro Transit curb-to-curb minibus or van service for the general public that operates on weekdays throughout the seven-county metropolitan area. A share-ride service which must be reserved in advance. Subject to availability.

651-602-5465 | www.metrotransit.org/transit-link

VA (Veterans Affairs) Appointment Ride Service

Provided free of charge, first-come, first-serve, and based on availability. You are encouraged to request transportation as soon as you know about your appointment and at least a week prior.

612-467-2768 | www.va.gov/minneapolis-health-care/dav-vans-transportation-for-veterans

*Every effort has been made to obtain accurate information about the organizations in this list. Washington County Community Services is not liable for the accuracy of any information printed in this list. Please contact the organization directly